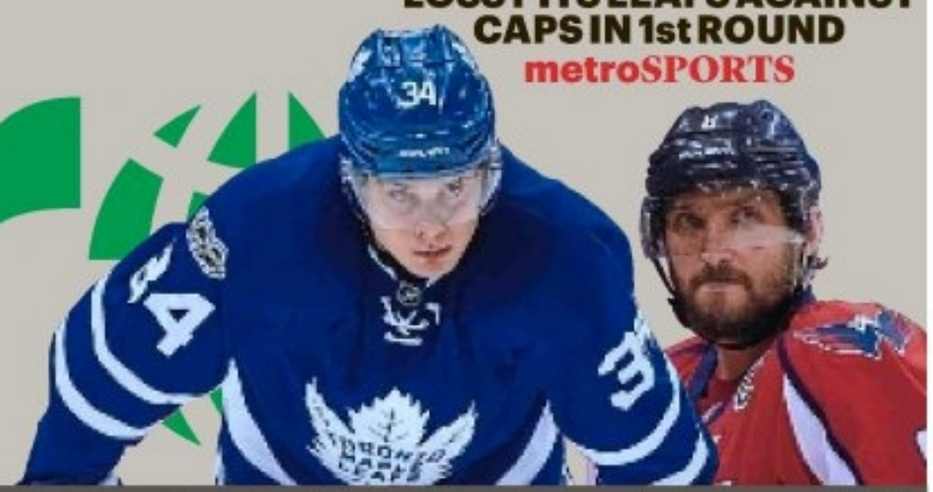
CARNAGE IN EGYPT

Palm Sunday church services reduced to scenes of horror after suicide bombers kill more than 40 in separate attacks

metroNEWS

Toronto metro

Your essential daily news MONDAY, APRIL 10, 2017 High 22°C/Low 11°C Springy with a chance of showers



NHL PLAYOFFS

LOSS PITS LEAFS AGAINST CAPS IN 1st ROUND

metroSPORTS

Julie Frost in the Vibe Arts workshop along with murals designed by young artists for Canada's 150th birthday.
LIZ BEDDALL/METRO

WE LOVE CANADA

And this country-wide art project shows us 150+ Reasons why

metroNEWS

CODE RED

THE PRICE OF THE AVERAGE DETACHED HOME IN TORONTO WENT UP

$44 AN HOUR

EVERY HOUR SINCE THIS TIME LAST YEAR

What this 'unprecedented' price growth means — and where it's headed

TIME TO GIVE UP ON THE DETACHED HOME DREAM

And Matt Elliott explains why that's a good thing

JOIN THE FIGHT

SUPPORT CANADIANS LIVING WITH CANCER

Canadian Cancer Society

BUY A PIN

cancer.ca/daffodil

Introducing our biggest small business bonus ever: up to 75,000 Aeroplan Miles.

TD Business Banking. The Official Partner of Big Dreams.

TD Aeroplan More Miles Business Bundle

Find out how you can get our biggest small business bonus ever with the TD® Aeroplan® *VISA* Business credit card and select Banking and payment products. It's just one of the ways we're helping small business owners realize their dreams every day.

Conditions apply. Offer ends June 14, 2017.

Visit td.com/moremiles-tm or call 1-888-687-6670 to learn more

® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

metro NEWS

Your essential daily news

Pets, suits and luxury cars: Some of Canadians' most outrageous tax claims. **Business**

CODE RED: TORONTO'S HOUSING CRISIS

Detaching from the dream

Redefining the ideal is an economic necessity

Detached homes line a street near Elgin Mills and Woodbine. TORSTAR NEWS SERVICE

OPINION

Matt Elliott

I realized a while ago that I am never going to own a house like the one I grew up in. I'm not going to live in a big, detached house with a two-car garage and a lawn that needs to be mowed every damn weekend.

I'm just fine with that. Setting aside my hatred of lawn care, there are a couple of big reasons why.

First, as all the screaming headlines have been telling you lately, that kind of house is mega-expensive. According to figures published by the Toronto Real Estate Board last week, the average price of a detached house in the GTA is now $1.2 million. In Toronto, it's just a bit under $1.6 million.

That's simply more cash than I've got and probably ever will have. I'm at peace with that.

But the second reason is more fundamental. These kinds of houses, while nice to live in, are bad.

Bad for the environment and bad for urbanism. The idea that everyone can have a detached house leads to urban sprawl which leads to a huge increase in driving which leads to more emissions.

You don't need to just take my word for it — this kind of thinking has been embedded in city planning and government policy for years. Between 1996 and 2014, thanks to zoning policy that refuses other types of housing, a whopping 78 per cent of new housing built in Toronto was condo units.

And while the share of new detached houses remains higher in the 905, provincial Green Belt legislation limiting where developers can build works to force municipalities to look at building up, not out.

These policies don't just exist for fun. For one thing, good transit is simply incompatible with sprawling neighbourhoods. For another, providing basic services to all this sprawl is expensive.

Nathanael Lauster, a sociology professor at the University of British Columbia, has written a whole book on this subject. "The Death and Life of the Single Family House" doesn't mince words. Lauster calls single family homes "an invasive parasite evolved from the maelstrom of the twentieth century's rapid, market-led urban growth."

Strong words, sure, but important ones. One of the most frustrating parts of Toronto's ongoing conversation about our housing market is that it's overly focused on attempts to perpetuate the parasite. It's as if our biggest housing problem is the fact that upper middle-class people can't afford to buy the same kinds of houses their parents owned.

Housing deserves a broader conversation. One that recognizes that Toronto must continue to move past its suburban roots. That means accepting that the number of people who rent for most or all of their lives will increase. It also means emphasizing other housing types, like co-ops and family-friendly condo units.

And it means redefining your dream house so it's now maybe a townhouse beside a GO Station, instead of a detached house.

That shift in thinking won't be easy, but it's environmentally and economically necessary. The detached house dream is over. It's time to wake up.

Humans of Toronto by K. Omar

"I love it when people come together, when people grow and evolve and connect beyond themselves, beyond what they've known. I wish more people were in love and happy. When you ask someone 'what's your happiest moment?' and the answer is love, it's right.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

Cash you need. Service and Respect you deserve.

Payday Loans $100 - $1500**

Get your first payday loan for only $15 per $100*

Visit www.cashmaxloans.ca for your nearest location

*New loans only. Existing customers and those with an outstanding loan within the last 30 days are not eligible. Loans subject to approval. Offer valid through 04/30/17. Cost per $100 borrowed is $15.00. As an example, if a $300 loan is paid on time in 14 days, the total cost of borrowing is $45 and the total due is $345. **Payday loans should be used for short-term financial needs only, not as a long-term solution. Customers with credit difficulties should seek credit counseling. Regular cost per $100 borrowed is $18. Example: on your loan of $300 for 14 days, the amount advanced is $300; the total cost of borrowing is $54 and the total you repay is $354.

CASH $ MAX PAYDAY LOANS

CODE RED: TORONTO'S HOUSING CRISIS

Prices outpacing our ability to save

GROWTH

Yet experts are still divided on the truth of 'bubble' claims

May Warren
Metro | Toronto

The price of the average detached home in Toronto rose by about $44 an hour over the past year, according to a Metro analysis of Toronto Real Estate Board numbers.

By contrast, the average Canadian worker makes about $26 an hour, according to Statistics Canada. If prices continue to increase at the same pace, the average detached home will cost more than $2 million by March 2018, according to Metro's analysis.

As Mayor John Tory prepares to sit down with the federal and provincial finance ministers to hash out possible solutions to the city's housing crunch, the big question is how long the price increases can continue.

And, of course, there's still plenty of debate about whether the 416 is in a housing bubble.

Dianne Usher, a senior vice-president of Johnston and Daniel, a division of Royal Lepage, doesn't think so, despite what she called "unprecedented" price growth.

The growth will "continue for a while" before naturally slowing, she said, warning that government intervention designed to cool the market could lead to "unintended consequences."

Not everyone agrees.

For Cherise Burda, executive director of the Ryerson City Building Institute, there's no doubt we're in a bubble and that government action is needed.

"If you have a sandwich shop where your sandwiches are $1,000, eventually people are like, 'I'm not going to buy those sandwiches; I'll go somewhere else,'" she said.

For University of Toronto social-work professor David Hulchanski, a bubble is less certain. The "new unknown" is that income inequality is greater than it was even 10 or 15 years ago and real estate is an attractive place for investors with cash to burn, he said.

But what is crystal clear for most is that the average person is being squeezed.

Those trying to break into the housing market and renters, who are "being punished by this reality," are struggling and being left with nowhere to turn, Hulchanski said.

> "Your sandwiches are $1,000, eventually people are like, 'I'm not going to buy those sandwiches.'"
> Cherise Burda

Anti-sprawl policy not at fault, says province

The Ontario government is dismissing suggestions that the province's anti-sprawl policies are contributing to a housing supply shortage and soaring home prices in the Greater Toronto and Hamilton Area.

Developers argue that easing restrictions on construction of detached homes and townhouses on "greenfield" land — areas set aside by municipalities for development as part of Ontario's growth plan a decade ago — could help boost supply.

The province is expected to release its updated growth plan this spring after years of consultations, but preliminary recommendations suggest it will be more restrictive of lowrise homes, with higher intensification and density targets aimed at limiting urban sprawl.

The Liberals have promised to bring forward a package of housing affordability measures, with at least some of them to be included in the spring budget.

The Building Industry and Land Development Association (BILD) would like the province to make changes to its growth plan that will allow developers to build more lowrise detached homes and townhouses on unbuilt land in the GTHA.

The Neptis Foundation, a charitable foundation that does urban planning research, calculated last month that there is over 45,000 hectares of "greenfield" land that remains unbuilt.

THE CANADIAN PRESS

BY THE NUMBERS

From the Toronto Real Estate Board

Increase per hour since March 2016 **$44**

$1,561,780
Average price of a detached home in Toronto as of March 2017

32.8%
Percentage increase since March 2016

$1,174,358
Average price of a detached home in Toronto as of March 2016

Supporters cheer — and pound back a few beers — at Real Sports Bar & Grill in downtown Toronto after the Jays secured their first division title since 1993. STEVEN GOETZ/FOR METRO

The best bars to make your home base

It's the most exciting time of the year to be a sports fan. Any sport, really. If you don't want to pay the high ticket prices, Metro has a list of bars to follow all the action.

GILBERT NGABO METRO

HOOPS SPORTS BAR & GRILL

125 Bremner Blvd.

- A multitude of flat-screen TVs on walls and private booths, plus a 126-inch plasma
- Especially great for Blue Jays fans — inside the bar you can hear the chants from the Rogers Centre

THE FOOTBALL FACTORY

164 Bathurst St.

- TV screens at every table
- Opens at 7 a.m. on weekends to accommodate soccer aficionados for European and other international tournaments

WAYNE GRETZKY'S

99 Blue Jays Way

- The place for everything hockey, including the Great One's personal collection of memorabilia
- Thirty-seven TV screens across the room, with an oasis rooftop patio

RALLY SPORTS BAR & SMOKEHOUSE

1660 O'Connor Dr.

- A great place for east-end basketball fans to catch a Raptors game any given night, with 40 big screens around the walls.
- The pub prides itself on its selection of wood-fired barbecue foods

REAL SPORTS BAR & GRILL

15 York St.

- ESPN names it the No. 1 sports bar in North America.
- Spacious, with 199 TVs on two levels, including a giant 39-foot screen. Plus over 100 draft taps

High-Speed Internet + Home Phone *Bundle*

✓ UNLIMITED LOCAL CALLING ✓ KEEP YOUR EXISTING PHONE NUMBER[1] ✓ PHONE LINE W/ CALLER ID BLOCK ✓ DOWNLOAD SPEED - UP TO 6 MBPS ✓ UPLOAD SPEED - UP TO 800 KBPS ✓ DATA USAGE - 75 GB[2]

comwave® Bundle

$49.95/MONTH
+ $1.95/mth 911

6 MONTHS FREE HOME PHONE
When you transfer your number to Comwave on a 3 year term

+

FREE Installation and Equipment Rental
over $240 in savings!

comwave®

CALL TODAY!

1-866-840-2894

Find us on & comwave.net

Prices do not include applicable taxes. [1]Service not available everywhere. Monthly local loop Access Fee of $5.95 (if needed) is not included. A one-time activation fee of $59.95 applies. Shipping fees applies. [2]A rate of 25 cents per GB will be charged if usage exceeds the plan's monthly data limit. *Unlimited Data Usage is governed by our Fair Usage policy. VoIP 911 has certain limitations. **Details at comwave.net**.

Painting with patriotism

Canada 150 Art

Mural project asks youth to show their love for the country

Gilbert Ngabo
Metro | Toronto

Julie Frost is leading a mural project where kids explain why they love Canada. LIZ BEDDALL/METRO

Ask kids why they love Canada and the answers may surprise you.

From polar bears and the Great Lakes to Justin Trudeau and the women's national soccer team, young people from across the country are voicing their views about what Canada means for them. And they're being creative about it.

It's all part of 150+ Reasons We Love Canada, a project that's engaging Canadian youth aged 10-29 to celebrate the country's 150th anniversary through beautiful art. Run by the non-profit VIBE Arts, the initiative has reached out to over 500 young people from under-resourced communities in all provinces and territories.

The hand-painted murals will be unveiled to the general public ahead of July 1.

"Many of these young people don't have an opportunity to express their views about national issues," said VIBE Arts executive director Julie Frost. "We thought it was very important to give them this kind of platform where they're free to show their artistic talents and say something about the country."

As part of the project, the artistic charity teamed up with professional artists to run workshops in schools, shelters, public libraries and community centres in every province. Murals painted by the kids will be displayed for two months in TTC subway stations and 20 airports across the country, including Pearson International. They'll also be digitized and showcased at different venues all over the country.

Frost said some themes from the project are centred around geography (the Northern Lights, ravines and Maple Leafs), as well as famous and influential people (Justin Trudeau, Drake and athletes). But many submissions also touch on issues of peace, freedom and diversity.

"It really helps build healthy relationships because kids work on these painting projects together," said Frost.

FINE POINTS

- A special mural painting event will take place at VIBE Arts office in Toronto (401 Richmond St. W.) on April 21, starting at noon. The mural will showcase the interpretation of Canadian music.
- More information on the project can be found at 150reasons.vibearts.ca

Deterioration on the City Hall sign. TORSTAR NEWS SERVICE

City sign needs a little love

The TORONTO sign in Nathan Phillips Square, a perpetually photographed-and-shared marketing megastar, looks like it needs a stint in rehab.

The sign's 16-month-old vinyl sheath has been worn away unevenly on the base of the three Os by hundreds of thousands of posing feet, exposing patches of black rubbery padding underneath. The wrap is noticeably scuffed in other spots, as is the polycarbonate frame.

Wynna Brown, media relations manager for the city, said in an email that money was found within economic development's budget for the first new wrap since late 2015.

TORSTAR NEWS SERVICE

INVESTING IN TORONTO'S FUTURE
LONG-TERM FINANCIAL PLAN CONSULTATIONS

Take your seat in City Hall

Toronto is preparing for the future. We need your ideas to shape the city we want, and the long-term plan to pay for it. Bring your passion for your city to:

DEBATE · COLLABORATE · CREATE

AN INTERACTIVE AFTERNOON OF WORKSHOPS AND DISCUSSIONS

Saturday, April 22 | City Hall, 100 Queen St. W.

Open House: 12:30 p.m. | Consultation Sessions: 1 to 5 p.m.
Please RSVP and let us know if you require accommodation or translation.

TORONTO InvestingInTO.ca

COURT

Attorney general seeking order against alleged pot dispensary

The Attorney General is seeking a forfeiture order for almost $600,000 seized from the carry-on luggage of an alleged pot dispensary courier waiting to board a flight to Vancouver at Pearson airport in January.

"There are reasonable grounds for the court to find that the property that is the subject of this proceeding is the proceeds and/or instrument of unlawful activity within the meaning of the Civil Remedies Act," reads the notice of application filed in Superior Court last month.

Peel police allege the currency "appears to be associated with illegal storefront marijuana dispensaries."

None of the allegations have been proven in court.

The forfeiture application names as respondents Yacob Issayas, the alleged money courier, and his employer, DMG Management Group. Also named is Nadine Gourkow, a director of 2501615 Ontario Ltd. and Canna Clinic Medicinal Society.

As part of its ongoing enforcement effort against illegal pot shops, the City of Toronto is also seeking an injunction to close B.C.-based Canna Clinics, which has seven outlets in the city, for contravening zoning bylaws.

Toronto lawyer Paul Lewin, who represents Canna Clinics, says he plans to "vigorously fight" both the forfeiture application and injunction. He declined to comment further. Both matters are set to be heard in September.

TORSTAR NEWS SERVICE

CORRECTION NOTICE

In the April 6th publication, the Hyundai Canada ad identified savings up to 33% off the 2017 Accent L 6MT 5 Door.

The correct amount is 30% off the starting price of $15,637 for a price adjustment of $4,642 for the 2017 Accent L 6 MT 5-door.

We apologize for the inconvenience.

CRIME

Police seek witnesses after shooting, collision

Police are seeking witnesses after a shooting and subsequent collision in Brampton Saturday.

Officers responded to a crash on Steeles Ave. and Torbram Rd. around 7:45 p.m., finding two victims with gunshot wounds and a car with gunshot damage. Both were transported to medical centres with non-life threatening injuries.

Police believe the shooting occurred around the Steeles Ave. and Airport Rd. area. TORSTAR NEWS SERVICE

Feds aim to lower detention

IMMIGRATION

Canada plans to 'better align' with global standards

The federal government is "exploring potential policy changes" to reduce the length of immigration detention and get non-violent migrants out of maximum-security jails, according to a new report.

Canada Border Services Agency's "New National Immigration Detention Framework," released late Friday, is not a concrete plan as much as it is a general set of intentions. But, if implemented, it would signal a substantial shift in how Canada treats its unwanted immigrants.

Based on a series of stakeholder consultations conducted last fall in response to mounting public pressure, the report from Canada's border police agency says it wants to "better align" itself with international and domestic standards for immigration detention by reducing the use of maximum-security jails, expanding alternatives to detention and "drastically" shrinking the number of children in detention.

An RCMP officer frisks as asylum claimant after crossing the border into Canada from the United States last month near Hemmingford, Que. PAUL CHIASSON/THE CANADIAN PRESS

Canada's border police can detain immigrants who have been found inadmissible to the country if they believe they are a danger to the public, will not show up for their deportation, or if their identity is in doubt. The average length of detention last year was 23 days, but hundreds of detainees end up languishing in deportation limbo for months or years.

A Torstar investigation found Canada's immigration detention system regularly subjects difficult-to-deport migrants to indefinite detention — often in maximum-security jails — and is routinely unable to solve long-term detentions.

Highlighted in the series is the fact that Canada is one of only a handful of developed countries that does not have any maximum length of detention for immigration detainees. In Europe, maximum lengths of detention range from 45 days to 18 months. Mexico has a 60-day limit on immigration detention, while the United States doesn't technically have a limit, but the Supreme Court has ruled that, if after six months deportation is not reasonably foreseeable in the near future, the detainee should be released.

BY THE NUMBERS

45 days-18 months
Europe's maximum length of detention for immigrants

60 days
Mexico's maximum length of detention for immigrants

The United Nations Human Rights Committee called on Canada in 2015 to set a "reasonable" time limit on immigration detention, but the federal government has thus far been reluctant to change its policy.

Although the new report doesn't specify what policy changes are being considered, it does suggest the government is interested in detaining fewer immigrants who "do not pose a danger to Canadian society and who collaborate with the government" in their deportation.

TORSTAR NEWS SERVICE

Tax claims test limits

For some, income tax season is an opportunity to think outside the box and test the limits of what can be claimed. Some of the more daring tax claims Canadians have made:

- Tax lawyer Paul DioGuardi once successfully defended a man who claimed a portion of the cost of his Rolls-Royce Silver Cloud as a business expense. He used it as a personal vehicle and as a delivery car for his clients.

- Lisa Gittens, a tax professional with H&R Block, says a woman last year tried to claim her cat as a dependent and bringing in all her receipts for food and vet bills. If your pet is working for you, you may be able to claim their costs. A farmer was once allowed to claim cat and dog food because they were outdoor pets acquired to keep wildlife away.

- Tax lawyer Paul DioGuardi's firm successfully defended a client's right to claim a $5,000 Brioni suit that he only wore when he did media appearances, advertisements and television commercials. In this case it was part of the client's persona, DioGuardi said.

THE CANADIAN PRESS

Sentries stand guard at the National War Memorial during a vigil to commemorate Vimy Ridge. THE CANADIAN PRESS

Vimy Ridge: Canada's win for freedom

They came together from coast to coast to coast, by the thousands, to say thank you and to remember.

Canadians of all ages and all walks of life, they gathered under the soaring pillars of the Canadian National Vimy Memorial on Sunday to mark the 100th anniversary of that fateful battle — and reflect on its enduring legacy.

Exactly 100 years earlier, the scene here had been quite different. The sun that shone down on the masses on Sunday, forcing many to hide behind umbrellas lest they burn, had been non-existent in 1917.

Instead, rain and sleet and artillery shells had lashed what then was a muddy, bloody battlefield as 30,000 Canadian soldiers huddled in trenches and waited for the assault to kick off.

But there was one key similarity between that Easter Monday on April 9, 1917, and the scene 100 years later: Canadians stood together, shoulder to shoulder, proudly and unabashedly as one people.

"These ordinary and extraordinary men of the British dominion fought for the first time as citizens of one and the same country," Prime Minister Justin Trudeau said in French as he addressed the crowd.

"Francophones and Anglophones. New Canadians. Indigenous Peoples. Side by side, united, here in Vimy, within the four divisions of the Canadian Corps."

And despite suffering horrible casualties during the four-day battle, with 3,598 dead and more than 7,000 wounded, they would succeed where the British and French had failed by capturing the ridge.

"This was and remains the single bloodiest day in Canadian military history," Prince Charles, representing the British monarchy, told the assembled crowd. "Yet Canadians displayed a strength of character and commitment to one another that is still evident today. They did not waver. This was Canada at its best."

Yet it wasn't Canada's fighting prowess that was being touted as the legacy of Vimy on Sunday: It was the creation of a country committed to peace.

"Without freedom, there can be no peace. Because freedom without peace is agony, and peace without freedom is slavery," Gov. Gen. David Johnston said. THE CANADIAN PRESS

BACK IN ACTION IN THE BLINK OF AN EYE.
With LASIK, see clearly in only 10 minutes and experience virtually no downtime.
Starting at $490/eye*
Book a free consultation at 1-855-301-2020 or lasikmd.com
LASIK MD VISION
*Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at $490/eye and Custom LASIK starting at $1,790/eye. Other conditions may apply.

Refugees see glimmer of hope

SYRIA

Trump's shift in policy brings optimism, but not for all

Syrian refugee children run at an informal refugee camp, at Al-Marj town in Bekaa valley, east Lebanon. THE ASSOCIATED PRESS

For the millions of Syrian refugees scattered across camps and illegal settlements, the chemical attack on a town in northern Syria and subsequent U.S. strike was a rare moment when the world turned its attention to Syria, before turning away again.

Some cheered the U.S. cruise missiles that hit an air base in central Syria, but others insist they are opposed to any U.S. intervention. Few had any hopes that the apparent sudden shift in President Donald Trump's policy would help their situation.

DRAMATIC CHANGE

The strike marked a swift reversal on Syria for Trump, who had repeatedly said the U.S. should stay out of the civil war. But several refugees regarded Trump's policy shift with bitterness, noting that he said he was moved to act by photos of the "beautiful babies" killed in the gas attack after working for months to bar millions of refugee children and their families from entering the United States.

Trump has not spoken on whether his renewed involvement in Syria will also include a changed policy on Syrian refugees. But some refugee agencies in the United States are hoping that change is coming as well.

TRUMP'S CHOICE

The Syrian refugees of Kawergosk in northern Iraq have been around for so long that their camp has turned into a small town. Shops of all kinds line its main street and most of the tents have been converted into small cement block houses.

Many of the camp's residents welcomed the American cruise missile attack on Syria but said that they wished America would go further and intervene to end the country's six-year civil war.

THE CURRENT POLICY

Trump had taken something of a hands-off approach to Syria and Syrian refugees as both a private citizen and a presidential candidate, even urging President Barack Obama in 2013 to avoid getting involved in the civil war there. The first iteration of Trump's now blocked travel ban indefinitely barred all Syrian nationals from coming to the United States. The indefinite ban on Syrians was eliminated from a second version of the ban.

Trump has suggested at times that safe zones in and around Syria should be established to protect people.

THE ASSOCIATED PRESS

150 WAYS of looking at Canada

POSTCARD NO. 68

THE PRAIRIES AND MOUNTAINS

I GREW UP JUST OUTSIDE OF CALGARY, WITH A BREATHTAKING VIEW OF WHERE THE PRAIRIES MEET THE ROCKY MOUNTAINS. IT TOOK MOVING TO ANOTHER PROVINCE FOR A NUMBER OF YEARS TO REALLY APPRECIATE THE BEAUTY THAT SURROUNDED ME FOR SO LONG. **SIDNEY STARKMAN**

SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

You could win
FREE GROCERIES
for a week!*

SAVE.CA/CONTEST

Hurry! Contest ends April 24th, 2017

With over $100 in grocery coupons available every week, it's like finding money!!

SAVE MORE WITH THE FREE Save.ca MOBILE APP

Download on the App Store | GET IT ON Google Play

metrolandmedia Connected to your community*

* No purchase necessary. The Contest is open to residents of Canada who have attained the age of majority in their province or territory of residence at the start of the Contest Period. Odds of winning depend on the number of eligible entries received. There are a total of five (5) prizes available to be won each consisting of a cheque in the amount of $200.00 CDN. The total approximate retail value of all five (5) prizes is one thousand dollars ($1,000 CDN). Skill-testing question required. The Contest begins on April 3, 2017 at 12:01 am ET and ends on April 24, 2017 at 11:59 pm ET (the "Contest Period"). For instructions to enter and complete contest rules visit www.Save.ca/contest.

Suicide bombers kill dozens at church services in Egypt

TERRORISM

Government seeks to install 3-month state of emergency

Suicide bombers struck hours apart at two Coptic churches in northern Egypt, killing 44 people and turning Palm Sunday services into scenes of horror and outrage at the government that led the president to call for a three-month state of emergency.

Daesh claimed responsibility for the violence, adding to fears that extremists are shifting their focus to civilians, especially Egypt's Christian minority.

The attacks in the northern cities of Tanta and Alexandria that also left 126 people wounded came at the start of Holy Week leading up to Easter, just weeks before Pope Francis is due to visit.

Pope Tawadros II, the leader of the Coptic church who will meet with Francis on April 28-29, was in the Alexandra cathedral at the time of the bombing but was unhurt, the Interior Ministry said.

It was the single deadliest day for Christians in decades and the worst since a bombing at a Cairo church in December killed 30 people.

Late Sunday night, President Abdel-Fattah el-Sissi called for a three-month state of emergency. According to Egypt's constitution, parliament must vote in favour of such a declaration — a certainty since it is packed with supporters of the president. It cannot exceed six months without a referendum to extend it.

The president also dispatched elite troops across the country to protect key installations and accused unidentified countries of fueling instability.

The attacks highlighted the difficulties facing el-Sissi's government in protecting Christians, who make up about 10 per cent of Egypt's population.

"Where is the government?" screamed an angry Maged Saleh, who rushed to the church in the Nile Delta city of Tanta where his mother escaped the carnage.

The first bomb exploded inside St. George's Church in Tanta, killing at least 27 people and wounding 78, officials said, overturning pews, shattering windows and staining the white-washed walls with blood.

A few hours later, a suicide bomber rushed toward St. Mark's Cathedral in the coastal city of Alexandria, the historic seat of Christendom in Egypt, killing at least 17 people and wounding 48.

Pope Tawadros II had held Palm Sunday services at the cathedral and the timing of the attack indicated the bomber had sought to assassinate him.

THE ASSOCIATED PRESS

Blood stains pews inside the St. George's Church after a suicide bombing in Tanta, Egypt, on Sunday. Bombs exploded at two Coptic churches in the northern cities of Tanta and Alexandria as worshippers were celebrating Palm Sunday, killing over 40 people and wounding scores more.

NARIMAN EL-MOFTY/THE ASSOCIATED PRESS

GLOBAL DIGEST

Sweden questions welcoming policies

Swedes questioned their immigration policies on Sunday after learning that an asylum-seeker from Uzbekistan was allegedly behind the truck rampage that killed four people.

The Swedish capital was slowly regaining its normal rhythm as details about the suspect emerged. Police said he had been ordered to leave Sweden in December because his request for a residence permit was rejected. AP

Russia and Iran affirm commitment to Assad

Russia and Iran renewed their support for the Syrian government in a flurry of calls on Sunday, saying last week's U.S. missile strike violated Syrian sovereignty but failed to boost the morale of "terror groups" in Syria.

Iranian President Hassan Rouhani called the strike on Friday a "blatant violation" of Syrian sovereignty. Assad accused the U.S. of trying to boost the morale of "terror groups." AP

WE NEED MALES & FEMALES

Are you a healthy, non-smoking,

MALE OR FEMALE 18 AND OVER?

- Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

- We conduct weekdays as well as weekend studies.
- Compensation may range from $1,000 to $4,000 depending on the length of the study.

BioPharma SERVICES INC. Research. Results. Reliability.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm

4000 Weston Road, Toronto | www.biopharmaservices.com

We are looking for volunteers!

Lambda Therapeutic Research Inc specializes in conducting clinical research trials. We are looking for healthy non-smoking individuals to participate in upcoming studies. Participants are compensated for their time. Compensation may range from $750 to $3500 depending on study duration. Refer a friend and you may receive $100!

LAMBDA Lambda Therapeutic Research

Please contact for more information:
416-752-3333 Toll Free: 1-866-207-3333
Mon-Fri: 9am-5pm
www.lambdacanada-cro.com www.todaysresearch.com
Location: 460 Comstock Road, Toronto, M1L 4S4
follow us on

metro VIEWS
Your essential daily news
Monday, April 10, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
Can I confront my ghoster to demand an explanation?

Ani Castillo

Dear Ellen,

I met a woman online, we met for coffee and connected right away. We had some great dates and started making some serious plans to spend more time together. Then, after a few weeks, she cancelled by email at the last minute, and completely disappeared. She's not on the dating site anymore, or she has blocked me. Now I'm wondering whether to contact her. Women complain about being ghosted all the time, but obviously they do it too. I think I deserve an explanation. Advice?
Rick

Dear Rick,

Yes, you deserve some kind of explanation. No, you should most definitely not contact her, for the following reasons: a) she cancelled dinner, then cancelled you on the dating site, so it's not like she's lying in a ditch somewhere and needs your help; b) tracking her down and contacting her after she's ghosted you puts you firmly in stalker territory, which is not where any polite, or sane, person wants to go.

Also, while it's true that women complain about being ghosted, and then turn around and do it themselves, that fact is completely irrelevant. The female of the species can be just as rude, heartless and cruel as any other member of the human race, but their bad behaviour is no excuse for relaxing one's own personal standards.

What she, or any one of us, must do is at least send a polite note.

I'm not saying she owed you an excessively detailed explanation. Whether she had a personal crisis, or a horrifying medical diagnosis, or an inconvenient acne breakout, or she just found another guy she liked better, she is under no obligation to tell you about any of it.

But what she, or any one of us, must do is at least send a polite note. Nobody wants to hear "Hey, it was great to meet you and spend time with you, but I don't think this is quite right for me." But at least you'll have clarity.

The right thing for you to do here is swallow your pride, and believe that time will heal your hurt feelings.

If it's any consolation, and assuming you behaved like a gentleman throughout your brief relationship, you can also be assured that she's not good enough for you anyway.

The ghoster, male or female, is a lazy moral coward who'd rather take the easy way out than extend another person the common decency of a formal farewell. They don't have the first inkling about what makes a good relationship. Good riddance, I say, and so should you.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA

He's made calls, now Trudeau needs to put in work on feminism

Justin Trudeau's feminism needs to be more specific.

Feminism, especially intersectional feminism, is a big chaotic tent. The diversity of speakers and issues at the Women's March alone were proof of that. Feminists are concerned about everything from equal pay to environmental issues to Indigenous rights.

So what exactly is the prime minister talking about when he claims to be a feminist?

At the recent Women in the World Summit, an annual conference of activists, politicians, business leaders and artists, Justin Trudeau rolled out his greatest feminist hits featuring a light Lean In seminar. He was interviewed by former New Yorker editor-in-chief and conference creator Tina Brown in front of a crowd at Lincoln Centre, reports Maclean's.

It was a master class in deflection. Asked about rising populism, he responded with a call for more women in leadership. Asked about being seen as an "elite wonder boy," he responded that he was proud of being his mother's son. Asked about his relationship with Ivanka Trump, he didn't even mention her name in his answer.

Trudeau is a master of evasion, but the New York City crowd evidently loved it.

At home, however, I can't help but roll my eyes. It's easy to be a feminist on New York City's streets, but here in Canada, I am going to need to see some receipts.

Women in Canada are still waiting for something resembling a comprehensive childcare strategy.

Women bear the brunt of the financial costs for childcare; this keeps them out of careers and in poverty. Indigenous children are still waiting for Ottawa to fulfil the order by the Canadian Human Rights Tribunal to reform child welfare.

The recently announced budget did not increase international aid at a time when the United States has reinstated the global gag rule on abortion and ended funding for the United Nations Population Fund.

The prime minister has done some positive work. He has lifted the two per cent funding cap on First Nations. Canada has joined others to fill the gap left by Trump's cuts with a $20 million funding pledge for global reproductive health, including contraceptives and post-abortion care. After years of non-response, the government has convened the Missing and Murdered Indigenous Women inquiry. And the Liberals have sought to add a gender analysis, albeit an imprecise one, to policy decisions.

But many of Prime Minister Trudeau's policy changes leave a lot to be desired. Feminism is not a matter of branding. It requires work and accountability. Vague answers and Lean In-style calls for women to step up do a disservice to Canadian women who need their prime minister to do more.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod
VICE PRESIDENT & EDITOR
Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout
MANAGING EDITOR TORONTO
Angela Mullins
ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900
FREE TO SHARE

Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news

New parents Janet Jackson and Wissam Al Mana are separating, ABC News reports

FOOD & ETHICS
Tips for becoming an ethical eater
Figure out what you care about most and shop accordingly.
Shop local. Ideally, ethical omnivores eat only local, organic and humanely raised meat.
If strictly vegetarian or vegan is too daunting, stick to a 'reducitarian' or 'flexitarian' diet that minimizes the amount of animal products.
MARISSA LANDRIGAN
The Vegetarian's Guide to Eating Meat
A Young Woman's Search for Ethical Food

Even the innocent strawberry could be grown with chemicals that endanger the environment and the people who work the fields, writes Marissa Landrigan. TORSTAR NEWS SERVICE FILE

Vegetarianism is not always ethical

FOOD

Giving up meat won't save the planet — or your soul

Marissa Landrigan stopped eating meat for ethical reasons — and then started eating meat for ethical reasons.

For a summer job right after college in 2007, she was researching threats to California's waterways and learned that crops, including the innocent strawberry, could be grown with chemicals that endangered the environment and the people who worked the fields.

It had never before occurred to her, a hardcore vegetarian since her freshman year, that growing fruit and vegetables could be as ethically questionable as farming animals. A decade later, Landrigan, now 34 and a Pittsburgh area-based writing professor, extols the virtues of eating meat in her memoir, The Vegetarian's Guide to Eating Meat: A Young Woman's Search for Ethical Food, released this Friday.

"Ethical eating isn't about a black and white choice where vegetarian and vegan is always good and meat is always bad," Landrigan said in an interview. She now uses "ethical omnivore" as shorthand to describe how she eats.

"I had to decide what was more important: always boycotting meat or generally supporting the most ethical and sustainable and humane food production I could find, which would sometimes involve livestock animals."

Ethical eating isn't about a black and white choice

Marissa Landrigan, author of The Vegetarian's Guide to Eating Meat: A Young Woman's Search for Ethical Food

For many like the young Landrigan, achieving a guilt-free diet means cutting out meat, eggs and dairy in order to satiate concerns over animal welfare and the environment — research has generally shown that livestock farming is a significant contributor to greenhouse gas emissions.

In college, Landrigan disavowed meat as part of a broader sense of anticorporate activism only to discover her faux chicken, veggie burgers, even organic tomato paste could still be products of an industrial food system she opposed. For example, the vegetarian Boca Burger is sold by Kraft, which makes hotdogs and deli meat from the largest pork producers in the U.S.

And there are plenty of other examples of dubious produce.

Demand for quinoa led to overproduction and unstable crop prices for Peruvian farmers. Avocados are associated with drug cartels and deforestation in Mexico.

Water-intensive almond growing in California was partly blamed for water shortage during that state's multi-year drought. The Vietnamese nut industry has been accused of producing "blood cashews," forcing drug addicts to shell the nuts through treatment centres doubling as labour camps. Soy crops — though mostly used for animal and chicken feed — have been linked to destruction of the Amazon rainforest.

Though meat consumption in Canada has declined or plateaued in the past four decades — per capita red meat went down nearly 40 per cent between 1980 and 2015, according to government statistics — along with the rise of "plant-based" diets and Meatless Mondays, it's estimated only 4 per cent of Canadians do not eat animal products at all.

Landrigan tries to shop local, where her money supports her community, not a multinational conglomerate that may operate with unethical practices under some other company name — which led her to return to eating meat.

TORSTAR NEWS SERVICE

MONEY

Don't stretch your home-buying budget

Whether it's the sizzling real estate market or the desire for something just a little bit nicer, the temptation to stretch your home-buying budget may be tough to resist.

But there are numerous factors to take into account before making the biggest purchase of your life, even if you've qualified with your lender for more.

John DeRose, who oversees Vancity's mobile mortgage specialists, says people paying $1,500 a month in rent can't necessarily afford a monthly mortgage of $1,500.

"When you own a home there are extra costs, so that's why it is important to sit down and talk to somebody," he says.

The maximum amount people can spend on a home depends on the size of their down payment and two key ratios.

According to the gross debt service ratio rule, monthly housing costs — which include mortgage payments, property taxes, heating expenses and 50 per cent of any condo fees, if they apply — should not exceed 32 per cent of one's average gross monthly income.

The second rule, called the total debt service ratio, says monthly debt loads should be no more than 40 per cent of average gross monthly income. That includes all housing costs included in the gross debt service ratio as well as other debts like car loans or leases, credit card payments and line of credit payments.

THE CANADIAN PRESS

32%

According to the gross debt service ratio rule, monthly housing costs — which include mortgage payments, property taxes, heating expenses and 50 per cent of any condo fees, if they apply — should not exceed 32 per cent of one's average gross monthly income.

Taking out a lease on saving money

ADVICE

Like renting, leasing a car may be a good option for some

Gail Vaz-Oxlade
For Metro Canada

When you lease a vehicle, you only pay for the vehicle's depreciation over the term of your lease . ISTOCK

A friend of mine — we'll call him Desmond — was telling me he's in the market for a new car.

"Paying cash, financing or leasing?" asked I, not realizing that I was about to step into a pile of poop.

"Lease…" he shouted at me, spittle flying. "That's like dumping a whole bunch of money into a vehicle that you'll never own. It's stupid. Like renting."

Whoa now, buddy: renting isn't stupid and neither is leasing, for the right person and the right reasons. (He might be considered stupid for buying a new car and taking the depreciation hit when he drives it off the lot, but I digress.) Let's look at some facts about leasing, then, shall we?

Fact 1: When you lease a vehicle, you only pay for the vehicle's depreciation over the term of your lease. To figure this out, take the residual value (the estimated value of the vehicle at the end of the lease term) and subtract it from the total purchase price. This is the amount on which your payments are based, plus the lease (read interest) rate you're paying and applicable taxes.

Fact 2: At the end of your lease, you have the option of either buying the vehicle for the predetermined residual or returning it to the dealer.

Fact 3: A lease will mean substantially lower monthly payments because you are not making any payments on said residual value. That can free up cash flow for other things, like paying down debt that's costing you more in interest. But you will have to come up with the residual value if you want to buy the vehicle out at the end of the lease. (Yes, you can refinance the buyout, but that's gonna cost you in interest, too.)

Fact 4: You will pay more to lease if you assume the same purchase price, interest rates and total number of payments plus the residual value. What a lot of people don't get is that while you're leasing you pay interest on the full value of the vehicle, including the residual value. When you use financing, the amount on which interest is being calculated is reduced at a faster rate, so you end up paying less.

Fact 5: Leasing can work out to be a cheaper option. If the interest rate on the lease is lower, or if the term of the financing is longer, the lease will be less expensive. Shop smart. If lease rates are better than financing rates because manufacturers are subsidizing their leases, you'll win on the lease.

Fact 6: If you are self-employed or have a company through which you are running your vehicle(s), leasing may offer a bigger tax payoff than financing.

Fact 7: Dealers may jack up the price on a car if they know you plan to lease. Don't go in declaring how you're going to pay for the car. As far as the dealer is concerned, you don't have a trade in, you don't need financing and you don't plan to lease. You're just pricing out the car.

EMPLOYMENT LAW

How to leave your job without getting sued: Experts weigh in

Genna Buck
Metro Canada

In a lawsuit against Uber, self-driving-car guru Anthony Levandowski is accused by Waymo of allegedly downloading confidential information before he left. AP FILE

Self-driving-car guru Anthony Levandowski spent nine years at Google. He was, in large part, the brains behind the search giant's venture into researching autonomous vehicles.

But in 2016, he ditched that gig to start a self-driving-truck company, Otto trucking.

Then he turned around and sold Otto, a few months later, to Uber — the ridesharing juggernaut that stands to gain a lot from replacing its expensive human drivers with robots who never ask for a raise.

According to a lawsuit filed by Waymo, a Google subsidiary, before he left his job Levandowski allegedly downloaded more than 14,000 confidential files, then wiped his laptop to cover his tracks.

Google invested a lot of money to gain that knowledge and had a reasonable — and legally protected — right to keep it safe from competitors.

Situations like this are the reason that when you start a new job, you might be asked to sign a contract restricting what you can do once you leave it.

This could take the form of a non-compete clause, which says you can't work for a direct competitor for a certain period of time in a certain place, or a non-solicitation clause, which restricts you from "poaching" clients or employees to your new workplace.

It's also why you can't share confidential information from your old employer with your new one. (That part is common sense: You can be sued for sharing a company's secrets even if there's nothing specific in your contract that says you can't).

But the situation doesn't have to be as high-profile as the Uber example for an ex-employee to end up on the wrong side of a lawsuit in Canada if they choose to leave and go to a competitor.

In this competitive landscape, workers change jobs a lot. And, especially in high-tech sectors, they may be privy to extremely valuable information. The spectre of getting sued by your former employer is more real than ever. And that can present a problem for employees who don't know their rights, according to Kumail Karimjee, an employment lawyer in Toronto who represents both workers and companies.

"People often sign contracts at the beginning of a relationship with some excitement and euphoria but not a lot of careful review" because they want to get the job and don't want to be seen as a person who makes a fuss, Karimjee said.

But unless you are, like Levandowski, a big-shot such as a CEO or cofounder, non-compete clauses are almost never allowed by the courts, Karimjee explained. That's particularly true if the company has tried to sneak in a contract that's very broad, like "no working in the software industry anywhere in Canada for five years."

That's clearly not allowed, he said. But some employers will still try to get you to sign off on it.

"That doesn't stop employers from potentially starting an action against you. For an employee, it can be a very time-consuming, costly and stressful thing," Karimjee said.

It's important to deal with such a contract issue from the very beginning, said employment lawyer Lai-King Hum. "If you see a clause that's way too general, then you want to get rid of it or you negotiate so you limit the application of the clause."

Non-solicitation clauses, meanwhile, are a little different.

A hairdresser's clients or coworkers, for example, are free to jump ship and join her if they want, but she can't actively entice them away.

The key thing to understand, Karimjee said, is that the law is generally on the workers' side: People are, as a rule, free to change jobs and make a living how they please. The onus is on the employer to show the employee harmed them by poaching people or information.

"A feeling of hurt may be driving it: 'This person burned us. We trusted this person.' And sometimes that emotion may have a greater impact on the decision-making than the refined legal analysis provided by the company's lawyer," Karimjee said.

We're two of a kind now.

All Oaken GICs and savings accounts are now available through either Home Bank or Home Trust Company. And as separate members of CDIC, your deposits will be eligible for CDIC coverage† under both.

For some of the highest GIC rates in Canada, call 1-844-218-0115 or visit oaken.com

1.65% Cashable GIC 1 year, cashable after 90 days
1.75% 1 Year GIC
1.85% 18 Month GIC
2.25% 5 Year GIC

Oaken FINANCIAL
Plant for your future™

Oaken Financial is a trademark of Home Bank, member of CDIC

145 King Street West, Concourse Level, Toronto, ON M5H 1J8 OakenFinancial @oakenfinancial

Rates shown are in effect as at April 10, 2017, and subject to change. Interest on all GICs is paid annually or compounded annually and paid at maturity, minimum deposit $1,000. All GICs are non-redeemable except for the Cashable GIC, which is based on a 1 year term and redeemable after 90 days, and not available for registered plans. †CDIC coverage up to applicable limits. Home Bank is a wholly owned subsidiary of Home Trust Company. Home Bank and Home Trust Company are separate members of the Canada Deposit Insurance Corporation (CDIC).

metro SPORTS

Hilary Knight scored the overtime winner to lift the host U.S. to a 3-2 victory and a fourth straight world championship on Friday in Plymouth, Mich.

IN BRIEF

Raptors clinch at least top-three seed in East

DeMar DeRozan scored 35 points and the Toronto Raptors wrapped up at least the No. 3 seed in the Eastern Conference with a 110-97 victory at the New York Knicks on Sunday.

The Raptors pulled away in the fourth quarter to reach 50 victories for the second straight season.

THE ASSOCIATED PRESS

Westbrook breaks hearts, blows minds to set record

Russell Westbrook broke Oscar Robertson's 56-year-old record with his 42nd triple-double of the season Sunday, then he broke the Denver Nuggets' hearts with a buzzer-beating three-pointer for a 106-105 victory.

That eliminated the Nuggets from playoff contention.

Westbrook finished with 50 points, 15 rebounds and 10 assists.

THE ASSOCIATED PRESS

Wolfpack move to top of league with decisive win

Jack Bussey scored three tries as the Toronto Wolfpack cruised to an 82-6 victory over Doncaster on Sunday for the most emphatic win of their inaugural season.

FuiFui Moimoi, Liam Kay and Blake Wallace had two tries each for Toronto (4-0-0), which moved above Barrow Raiders at the top of the League 1 table on points difference.

THE CANADIAN PRESS

Maple Leafs fall flat in a deflating finale

NHL

Loss puts Buds in first-round playoff pairing with Capitals

There will be no Battle of Ontario in the first round of the NHL playoffs.

The Toronto Maple Leafs dropped their regular-season finale 3-2 to the Columbus Blue Jackets Sunday night and will now face the Washington Capitals in the opening round of their first post-season since 2013.

James van Riemsdyk scored a pair in defeat and Curtis McElhinney made 29 saves for Toronto, a 2-0 lead melting away in a porous second period.

Matt Calvert, Josh Anderson and Cam Atkinson scored in the comeback for Columbus. Joonas Korpisalo stopped 30 of 32 shots to earn the win for the Jackets, who are set for a first-round matchup against Pittsburgh.

Had they earned even a point, the Leafs would have faced the Ottawa Senators in the first round, but instead get the Presidents' Trophy-winning Capitals.

Toronto has never faced Washington in the post-season before — the two teams were in different conferences for a long stretch — and they'll be heavy underdogs the first time around. The Capitals had the NHL's best regular-season record for the second straight season, loaded at every position as they bid for a first Stanley Cup.

There's Alex Ovechkin, Nicklas Backstrom, Evgeny Kuznetsov and T.J. Oshie to tangle with up front, Kevin Shattenkirk and John Carlson to cause problems on a deep back end and Braden Holtby, the reigning Vezina trophy winner, to beat between the pipes.

The Leafs went 1-1-1 against the Caps in the regular season.

Easily the biggest question mark for the Leafs heading in is the health of No. 1 starter Frederik Andersen. The 27-year-old sat out Sunday's game after exiting a playoff-clinching tilt with Pittsburgh one night earlier following a hit to the head from Penguins forward Tom Sestito.

Babcock said Andersen suffered no concussion symptoms from the hit and would be ready for the start of the post-season. THE CANADIAN PRESS

Scott Harrington of the Blue Jackets checks the Maple Leafs' Zach Hyman into the boards on Sunday at Air Canada Centre. CARLOS OSORIO/TORSTAR NEWS SERVICE

SUNDAY At ACC

3	2
JACKETS	LEAFS

MASTERS

Garcia seizes green jacket

Sergio Garcia finally showed he has what it takes to win a major, and he has a green jacket to prove it.

Needing his best golf on just about every shot in the final hour at the Masters, Garcia overcame a two-shot deficit with six holes to play and beat Justin Rose in a sudden-death playoff Sunday for his first major after nearly two decades of heartache.

No one ever played more majors as a pro — 70 — before winning a major for the first time.

Garcia got rid of the demons and the doubts with two big moments on the par 5s — one a par, the other an eagle — in closing with a 3-under 69. It was never easy until the end, when Rose sent his drive into the trees on the 18th hole in the playoff, punched out and failed to save par from 15 feet.

That gave the 37-year-old Spaniard two putts from 12 feet for the victory, but he only needed one as his putt swirled into the cup. THE ASSOCIATED PRESS

Sergio Garcia GETTY IMAGES

MLB

Souza powers Rays over stumbling Jays

Steven Souza Jr. hit a three-run homer and was involved in a scrum after a slide during the Tampa Bay Rays' 7-2 victory over the Toronto Blue Jays on Sunday.

Corey Dickerson and Jesus Sucre also homered, and Jake Odorizzi (1-1) went six effective innings for the Rays, who took three of four from Toronto.

Toronto got a home run from Josh Donaldson, who left after grounding out in the sixth with right calf tightness, but dropped to 1-5. THE ASSOCIATED PRESS

Steven Souza Jr., right, exchanges words with Blue Jays shortstop Troy Tulowitzki on Sunday. GETTY IMAGES

IN BRIEF

Hinchcliffe back on top of IndyCar podium

Canada's James Hinchcliffe raced to his first victory since his near-fatal accident in 2015 by hanging on for a three-lap shootout to the finish Sunday on the streets of Long Beach.

Hinchcliffe had two strong late restarts to win in a Honda for Schmidt-Peterson Motorsports. The Oakville native nearly bled to death in an accident during practice for the Indianapolis 500 two years ago.

THE ASSOCIATED PRESS

Canadian women handed loss with late German goal

Linda Dallman's 86th-minute goal gave Olympic champion Germany a 2-1 win over Canada in a women's soccer friendly Sunday in Erfurt, Germany.

Deanne Rose scored in the 39th minute for fifth-ranked Canada, which probably deserved a better fate against the top-ranked women's side in the world. Germany went ahead in the 15th minute on an error by goalkeeper Kailen Sheridan.

THE CANADIAN PRESS

WORLD CUP

Canada's joint bid on for real: Source

A person familiar with the decision says the United States, Mexico and Canada are going to announce a joint bid for the 2026 World Cup on Monday.

The Confederation of North and Central America and Caribbean Association Football is moving ahead with the bid that was widely expected before Donald Trump was elected president. There has been concern the plan was unworkable under Trump's anti-immigrant policies, but even if he serves a second term Trump would not be president in 2026.

The confederation made the final decision to go-ahead with the bid at its meeting Saturday in Aruba, the person said.

THE ASSOCIATED PRESS

N. AMERICA

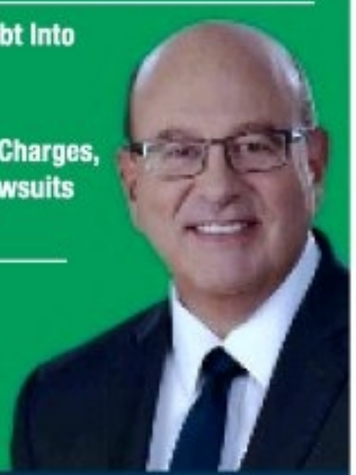
CONCACAF has not hosted the World Cup since the tournament was played at nine U.S. venues in 1994.

FINANCIAL

GET OUT OF DEBT!
CALL The Licensed Debt Professionals™

DAVID SKLAR & ASSOCIATES INC.
Proposal Administrators • Financial Counsellors • Licensed Insolvency Trustee

- Reduce & Consolidate Your Debt Into 1 Low Monthly Payment
- Avoid Bankruptcy!
- Stop Collection Calls, Interest Charges, Garnishments, Tax Debts & Lawsuits
- Government Licensed



Free Consultation
310-9200

HEAD OFFICE: 245 Fairview Mall Drive, Suite 720, Toronto, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

www.DavidSklar.com | DAVID SKLAR, CPA, CIRP, LIT

STEVEWELKER.CA
DEBT RELIEF WHEN YOU CAN'T REPAY

☎ Free Advice
647-793-6411

CAN YOU REPAY YOUR DEBT ON YOUR OWN?
IF NOT, OUR SERVICES

- Stop: Collection Calls, Interest, Lawsuits & Garnishments
- Reduce Your Debt & Stress
- Don't Require Money Up-Front
- Consolidate Your Debt
- Bankruptcy Is Always The Last Resort

MAIN OFFICE:
1969 WESTON ROAD
Welker and Company Inc.
Licensed Insolvency Trustees

☎ 647-793-6411
Barrie | Brampton | Burlington | Downtown | Etobicoke | Markham | Mississauga | North York | Scarborough | Whitby

shed the debt®
for pennies on the dollar

credit cards • tax arrears • student loans
wage and bank garnishments

call 1-855-541-5114
for fast friendly debt relief anywhere in Ontario

free meeting, no obligation
evening and Saturday appointments

Goldhar®

www.shedthedebt.ca

Goldhar & Associates Ltd. Licensed Insolvency Trustee

NEED MONEY?
IF YOU OWN A HOUSE...
YOU ARE APPROVED!

1st, 2nd & 3rd MORTGAGES
We can assist with these challenges:

-Credit card debt
-Property Tax arrears
-Income Tax arrears
-Mortgage arrears
-HST arrears
-Turned down by your bank
-Self Employed mortgages
-No income verification
-Power of Sale
-Poor Credit
-Judgements/collections
-Business Investment
-Renovations

Loan Amount $15,000.00 Monthly Payment: $150
Loan Amount $30,000.00 Monthly Payment: $300
Loan Amount $50,000.00 Monthly Payment: $500
Loan Amount $100,000.00 Monthly Payment: $1000

NATIONAL LENDING LINK (Lic. #12651)

Call NOW for your INSTANT APPROVAL
1-855-915 LINK 5465
Within the GTA: 905-707-5465

O.A.C some conditions apply. Rates subject to change without notice. Monthly payment based on a new 2nd line of credit principal and interest payments. Terms and conditions apply.

Own a Home? Need a Loan?

- 1st and 2nd Mortgages for anything.
- Pay Bills, Renovate, Vacation!
- Refinance to 85% of home value. Purchase a home at 5% down!
- Pay off mortgage arrears, property tax or condo fee arrears!
- We stop power of sales!
- Past bankrupt or Consumer Proposal.
- Good and bad credit are welcome!
- Self-employed? Showing low income?
- Consolidate cards into one payment!

APPROVED!
HOMELAND MORTGAGE
416-913-9593 www.homelandmortgage.org
License #11991

DEBT RELIEF
Are you drowning in debts?

- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709
nona@rumanek.com

Rumanek & Co. Ltd. Licensed Insolvency Trustee,
Head office in North York, Ontario
9 Locations in Ontario

MORTGAGES
1st, 2nd & 3rd Mortgages
Residential & Commerical
*Money Credited
Fast Approvals, Low Rates
Bad Credit? No Problem
*No Fees, *Free Appraisals
Debt Consolidation
*Terms & Conditions Apply TMACC Lic#10530
MORTAGO.CA
416.667.8996

DIVORCE

DIVORCE
Simple, in weeks*

- Debt collection/ Landlord Tenants
- Small Claims Court

416-880-4600
www.quickform.ca
* By Lawyer, conditions apply

CALL ERIKA
(LICENSED DEBT EXPERT)

STOP COLLECTION CALLS
GET DEBT RELIEF NOW!

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc Licensed Insolvency Trustee www.rusinek.ca

EDUCATION

Paralegal • Immigration Consultant • Law Clerk

START NOW!

Training Programs Highlights

- High-Caliber Faculty
- $3235 in Bursaries*

647-503-5254
AOLTORONTO.COM

The Academy of Learning Career & Business College (Bay/ Bloor) is registered under the PCC act 2005 and operated by 1008185 Ontario INC. *conditions apply

MEDICAL OFFICE ADMINISTRATORS IN DEMAND
BE JOB READY IN MONTHS, START NOW!

- High-Calibre Faculty • Various Funding Options • Practicum Included • State - of - the -Art Labs

DOWNTOWN: 416.691.0922
NORTH YORK: 416.691.5270
ANDERSONCOLLEGE.COM

Visit Us & Receive A $5 Gift Card

Anderson College of Health, Business and Technology is registered as a Private Career College under the PCC act 2005 and is operated by Rubatech Institute Inc. Not all programs are available at each location. *conditions apply

HEALTH & WELLNESS

ANY PAIN BIG RELIEF
In seconds! Or money back right away!
Adjust YIN & YANG, All body disorders can be fixed by itself!
All Pains, Diet, Allergy, Stroke, Skin...

Registered Acupuncturist
R. TCMP Chong Kim
696 Sheppard Ave. West

416 788 3837

MAKE IT TODAY

Lovely Pinkie Pie Smoothie

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We don't generally give cute names to our drinks but the sweetness of the strawberries, immunity boost from the coconut oil and protein in the greek yogurt make us love this smoothie enough to give it a special term of endearment.

Ready in 2 minutes
Prep time: 2 minutes
Serves 2

Ingredients

- 3/4 cup plain Greek yogurt
- 1 frozen banana, peeled, cut into chunks
- 1 cup strawberries, stems removed, roughly chopped
- 1/4 cup milk
- 2 tsp honey
- 1/4 tsp flax oil
- 1 Tbsp coconut oil
- 4 or 5 ice cubes

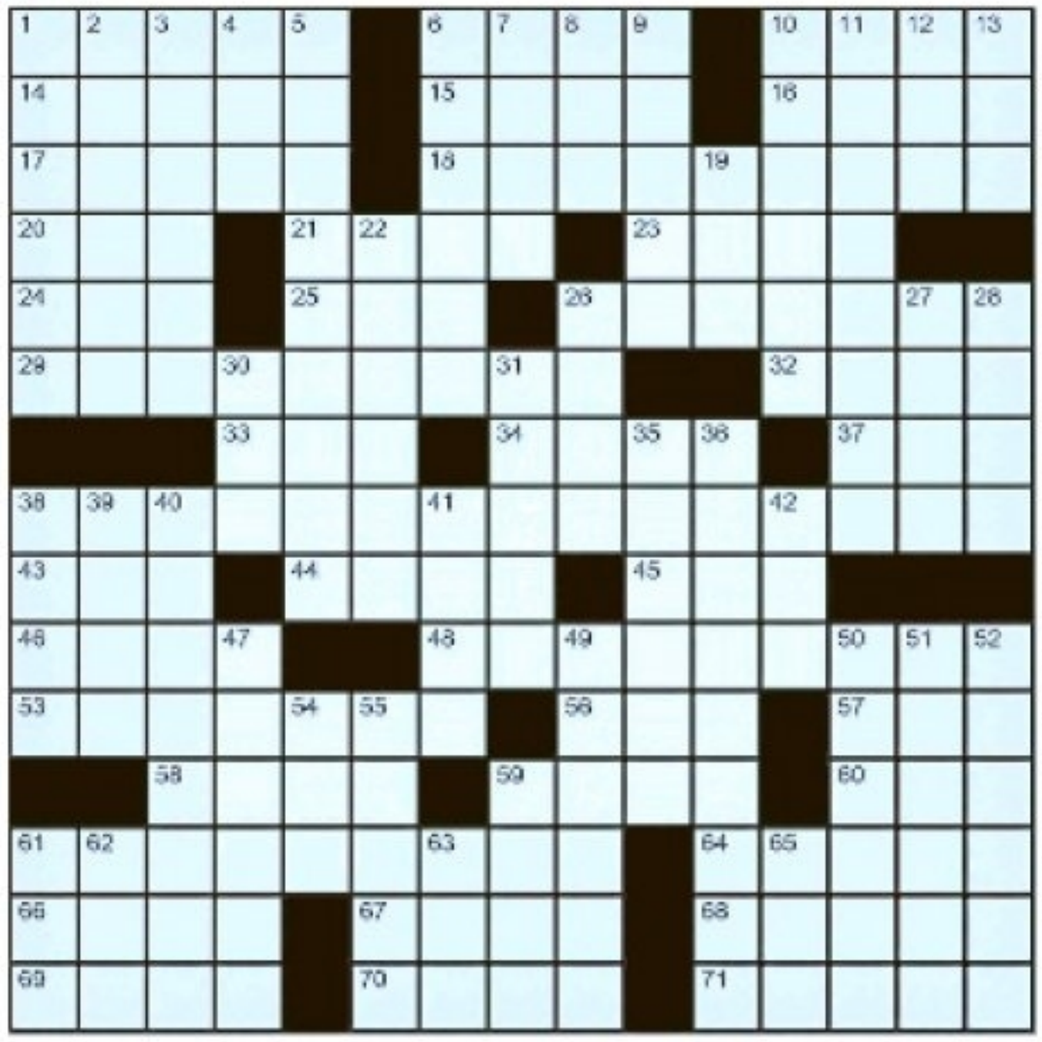
Directions

1. Place all ingredients in a blender and purée until smooth.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Lovely lily
6. Workout venues
10. Flee
14. "He's __ Nowhere Man..." - The Beatles
15. Nothing, in Montreal
16. Brit's bye-bye
17. Fishing net
18. Starter in Italian cuisine
20. 'Neat' suffix (Really tidy person)
21. Fine pursuits
23. Bible-style verb
24. 'Select' suffix
25. Mai __ (Cocktail)
26. Missionaries in early Canada like Jean de Brebeuf (b.1593 - d.1649)
29. Luminary
32. Breeze
33. Simon Garfunkel link
34. Mr. Stoltz
37. "__ Town": Song by #38-Across
38. 'Till the Wheels Come Off' is this Canadian band's debut album: 3 wds.
43. 'Street' in Sherbrooke
44. Young hawk
45. Light switch position
46. Ancient Egyptian goddess
48. Make stronger
53. Groom's greatest guy: 2 wds.
56. Neckwear piece
57. Street for Freddy of movies
58. River of Russia
59. Walk worriedly
60. Taxi
61. Law office professional
64. 1871 premiere city of Aida
66. Comply with the instructions
67. Ms. Gilpin of "Frasier"
68. Officiated a baseball game
69. Seal herds
70. Olympian queen
71. Saint's trait

DOWN

1. Meower attractor
2. Get there
3. One giving secret info to the press
4. Court concern
5. Whitney Houston hit: 3 wds.
6. Dei __ Regina (By the grace of God, the Queen)
7. Yangs counterparts
8. Converged
9. Sneering
10. Married or single, for example
11. Capitalize: 3 wds.
12. Affixed, abbreviated
13. Spiritual 'way'
19. Negative opposite, briefly
22. What the has-no-more-water well did: 2 wds.
26. Mean man
27. Stretched tight
28. Nimble
30. Downcast
31. V-formation Canadian fliers
35. Well-known, as symbols
36. Mug: 2 wds.
38. Hip-Hop house
39. River of England
40. Idled
41. Get a paycheck
42. ET's craft
47. Wanders
49. Roma's realm
50. Food Network Canada creation
51. Purplish-red
52. Incarnate
54. Seasickness, __ de mer
55. Hebrew alphabet's first letter
59. Henry VIII's sixth/last wife Catherine
61. Coke or Pepsi
62. Blood-typing letters
63. "__ whiz!"
65. Pierre's friend

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's a mixed bag when it comes to dealing with partners and close friends today. Earlier in the day, all is sweetness and light but later, intense emotions create power struggles.

Taurus April 21 - May 21
Be careful not to promise more than you can deliver at work today, because later, someone will hold you accountable. Be reasonable and realistic.

Gemini May 22 - June 21
This is a feel-good day! Enjoy movies, musical performances, sports events and social outings, especially playful times with children. Be patient late in the day when tempers are testy.

Cancer June 22 - July 23
This is a good day for a family gettogether. It's also a good day to explore real-estate possibilities or ways to improve your home. Avoid family arguments late in the day.

Leo July 24 - Aug. 23
Your enthusiasm for something will inspire others around you. However, it might put you at odds with someone later in the day. Easy does it.

Virgo Aug. 24 - Sept. 23
This is a good day to make money. It's an excellent day for business. Later today, the breakdown of machinery or a power struggle with someone could create problems.

Libra Sept. 24 - Oct. 23
Today the Moon is lined up with your sign, which makes you sympathetic and generous. You wish the best for someone and are willing to help. Avoid arguments later in the day.

Scorpio Oct. 24 - Nov. 22
Basically, this is a feel-good day for you! You feel sympathetic toward someone and are willing to put this person's wants and needs before your own. (This is noble.)

Sagittarius Nov. 23 - Dec. 21
You will find it easy to be with friends, especially members of groups, because you are warm and sympathetic to everyone. Furthermore, you feel you are all working for a common cause.

Capricorn Dec. 22 - Jan. 20
You look good in the eyes of others today. Bosses, parents and VIPs admire you. Nevertheless, avoid arguments late in the day. Just zip thy lip.

Aquarius Jan. 21 - Feb. 19
Travel plans are exciting. You might also be stoked about opportunities in publishing, the media, medicine, the law and higher education. You rock!

Pisces
Feb. 20 - March 20
This is a good day to settle differences and discuss wills, inheritances and shared property. However, avoid power struggles later in the day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		2		5	1			
			4		9	6		
9		4						
			6			2	8	
3			1		7			9
	6	1			4			
						7		2
		3	9		2			
			8	4		9		

©2014 Conceptis Puzzles, Ltd. by kind permission Syndicate, Inc.

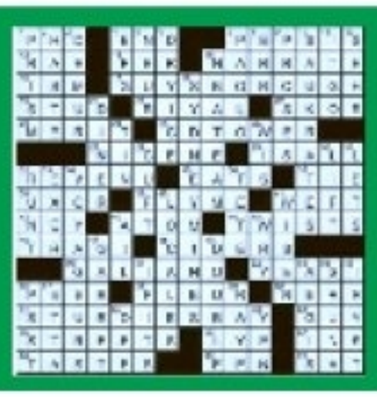
$300-$1000 LOAN in 12hrs or less

Lamina.ca - 1-800-NEW-CREDIT
no credit checks, documents or faxing, paid over 3 - 5 months

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	4	7	5	8	3	9	2	6
5	6	9	2	1	7	3	4	8
2	3	8	9	4	6	5	7	1
4	8	6	1	5	2	7	9	3
3	7	1	6	9	4	8	5	2
9	5	2	7	3	8	6	1	4
6	9	5	8	2	1	4	3	7
7	1	4	3	6	5	2	8	9
8	2	3	4	7	9	1	6	5

PSYCHIC SPIRITUAL ADVISOR MONA
I restore luck and happiness and will call out your friends and enemies by name. Removes bad luck, evil energy. One visit will convince you of her spiritual gift. 40 years experience. Superior to all others.
CALL FOR 1 FREE QUESTION
CALL FOR A FREE CONSULTATION
416-222-8201
9am-9pm | Yonge/Finch

CALL US: 1-888-892-6161 | **CHECK AVAILABILITY: virginmobile.ca/homeinternet**

All pricing and plans are current as of March 1, 2017, unless otherwise specified, and are subject to change without notice or in accordance with the Virgin Mobile Home Internet Terms of Service; check out virginmobile.ca/internetterms. Taxes extra. Available where access/technology permits in Ontario and Quebec. Modem rental is included and must be returned upon deactivation of service. Offer based on Internet plan with usage of 50GB/mo. ($1/additional GB; max. $50/mo.) and 5 Mbps download access speeds. Upload access speed will vary depending on the distance between the Member's modem and switching equipment from Virgin Mobile: min. 0.8 Mbps and max. 1.0 Mbps. Actual speeds on the Internet may vary with Member's equipment, configuration, Internet traffic, server, environmental conditions or other factors. Basic Installation is performed by a professional tech and includes setting up a wireless Internet connection ensuring you're receiving adequate speeds from your internet connection. © Virgin Mobile Canada 2017. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under license. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners.